

3k on the Green		31/01/2025			Race	Age
Runner	Category	M/F	Club	Time	Grade %	
1	Simon Fraser	M40	M	G72	00:09:17	84.22%
2	Grant Baillie	M45	M	East Kilbride AC	00:09:21	86.88%
3	Andrew Kirk	Senior	M	Kirkintilloch Olympians	00:09:28	78.37%
4	David Houston	M35	M	Shettleston Harriers	00:09:30	79.89%
5	Ruan van Rensburg	Senior	M	Fife AC	00:09:34	76.95%
6	Louis Sharp	Senior	M		00:09:37	77.89%
7	Matt MacDonald	M45	M	Garscube Harriers	00:09:57	81.00%
8	Stuart MacDougall	M40	M	Fulham	00:10:01	78.05%
9	Drew Carr	Senior	M	Westerlands	00:10:02	73.94%
10	Paul Sorrie	M45	M	Shettleston Harriers	00:10:04	80.69%
11	Lewis Anderson	Senior	M	Cambuslang Harriers	00:10:09	72.82%
12	Connor Henderson	Senior	M	Kilbarchan	00:10:11	72.58%
13	Ross Granger	M40	M	Kilmarnock Harriers	00:10:12	76.65%
14	Tuscany Wright	Senior	F	Central AC	00:10:18	82.01%
15	Steven Prentice	M50	M	Bellahouston Harriers	00:10:22	80.87%
16	Aidan Cameron	Senior	M	Central AC	00:10:26	70.29%
17	Ruairi Ferris	Senior	M	Kirkintilloch Olympians	00:10:27	70.18%
18	Grant Matheson	M60	M	Falkirk Victoria	00:10:38	87.28%
19	Eddie Neilson	M50	M		00:10:39	79.37%
20	Padrig Davies	M40	M	Outlier	00:10:41	73.73%
21	Andrew Gibson	M40	M	Teviotdale	00:10:42	74.17%
22	Andrew Holloway	M35	M	Giffnock North	00:10:43	70.82%
23	David Simpson	M45	M		00:10:52	75.93%
24	Alan O'Donnell	M40	M		00:10:53	73.49%
25	David Gillespie	Senior	M		00:10:54	67.81%
26	Craig Rankin	M40	M	Troon Tortoises	00:10:55	72.15%
27	Dave Thom	M60	M	Cambuslang Harriers	00:10:56	86.42%
28	David Gemmell	Senior	M		00:10:59	66.77%
29	Noel Slevin	Senior	M	Victoria Park	00:10:59	66.83%
30	Adam Todd	Senior	M	Kilmarnock Harriers	00:11:01	66.57%
31	Fiona Matheson	W60	F	Falkirk Victoria	00:11:03	106.31%
32	Gillian Blee	W40	F	Garscube Harriers	00:11:12	80.38%
33	Kevin Dunn	M40	M	Kirkintilloch Olympians	00:11:15	69.49%
34	Craig Brown	M50	M	Garscube Harriers	00:11:16	76.25%
35	Joe Meagher	Senior	M	Garscube Harriers	00:11:18	65.41%
36	Alasdair Murray	M40	M		00:11:22	69.30%
37	Kyle Simpson	Senior	M		00:11:25	64.39%
38	Sid Muragundi	M35	M		00:11:27	67.27%
39	John Duffy	M60	M	Shettleston Harriers	00:11:28	79.51%
40	David Eames	M40	M	Bellahouston Harriers	00:11:29	67.57%
41	Michael Falla	M35	M		00:11:30	66.00%
42	Greig Neilson	M50	M		00:11:30	73.50%
43	Philip Ross	Senior	M	Strathclyde Harriers	00:11:30	63.79%
44	Iain Wallace	M55	M	Cambuslang Harriers	00:11:31	75.85%
45	Andrew Heathwood	M55	M		00:11:31	75.85%
46	Lisa Mason	Senior	F		00:11:39	72.01%
47	Lewis Sinclair	Senior	M	Garscube Harriers	00:11:47	62.24%
48	Paul Forbes	M65	M	Edinburgh AC	00:11:50	82.86%

49	Scott Elliot	M60	M	Kirkintilloch Olympians	00:11:53	79.51%
50	Neil Nairn	M50	M	Fenwick Striders	00:11:54	72.80%
51	Graeme Taylor	M50	M	Garscube Harriers	00:11:55	70.35%
52	Alastair MacLachlan	M65	M	Bellahouston Roadrunners	00:12:02	79.24%
53	Andy Ross	M35	M		00:12:05	63.27%
54	Iain Campbell	M40	M		00:12:07	64.52%
55	Sarah Fraser	W35	F	Hamilton Harriers	00:12:08	71.54%
56	Calum Dinnen	M35	M		00:12:09	63.39%
57	David Downey	M55	M	Dunblane Runners	00:12:10	73.65%
58	Steven Leith	M40	M	Westerlands	00:12:11	63.69%
59	Sophie Granger	Senior	F	Kilmarnock Harriers	00:12:12	68.95%
60	Kevin Timmons	M50	M	Mount Venon Runners	00:12:13	69.19%
61	Ella Sharp	Junior	F	Victoria Park	00:12:27	68.56%
62	Clem Clement	M65	M	Penarth Road Runners	00:12:28	76.48%
63	Scott Vallance	Senior	M		00:12:29	59.70%
64	Louis Swinden	Senior	M		00:12:30	58.67%
65	Joseph Ogunjobi	Senior	M		00:12:35	58.33%
66	Alastair Cunningham	M55	M		00:12:35	71.83%
67	Noreen Crombie	W55	F	Renfrew Runners	00:12:40	87.40%
68	David Murphy	M50	M	Shettleston Harriers	00:12:45	67.38%
69	Michael Diver	M55	M	Clydesdale Harriers	00:12:48	70.00%
70	Linda Woodcraft	W45	F		00:12:53	73.26%
71	Alastair Dalton	M60	M	West End Road Runners	00:12:53	70.77%
72	Neil Thomas	M55	M	Hunters Bog Trotters	00:13:00	68.34%
73	Gordon McNally	M55	M	Calderglen harriers	00:13:07	68.91%
74	Matt Bridgestock	M45	M		00:13:22	61.24%
75	Tim Arbuckle	M50	M		00:13:25	63.51%
76	Gregor Sleith	Senior	M		00:13:41	53.59%
77	Erica Christie	W65	F	Cambuslang Harriers	00:13:45	92.51%
78	Emma Barbour	Junior	F		00:13:47	61.93%
79	Paul Taylor	M50	M		00:13:48	61.75%
80	Alasdair Beaton	M40	M		00:13:58	55.98%
81	Alison Downey	W55	F	Dunblane Runners	00:14:10	74.91%
82	David Edelman	M65	M	Giffnock North	00:14:14	68.24%
83	Margaret Allison	W60	F	Strathaven Striders	00:14:16	81.11%
84	Iain Crawford	M55	M	Cambuslang Harriers	00:14:17	61.68%
85	Marion O'Connor	W65	F		00:14:18	86.11%
86	Ada Stewart	W60	F	Kirkintilloch Olympians	00:14:29	78.71%
87	Alan Munro	M50	M		00:14:32	57.69%
88	Colin Stewart	M50	M	Bellahouston Harriers	00:14:33	58.56%
89	Kenny Weir	M70	M		00:14:36	70.41%
90	Linda Cunningham	W55	F	Central AC	00:14:56	71.06%
91	Jackie Duncan	W55	F	Kilmarnock Harriers	00:15:10	71.96%
92	Viv Fraser	W55	F		00:15:22	72.04%
93	Bob Porteous	M75	M	Shettleston Harriers	00:15:29	69.57%
94	Peter Ogden	M70	M	Cambuslang Harriers	00:15:42	67.47%
95	Alec Wood	M70	M	Linlithgow	00:15:59	66.27%
96	Peter Rudzinski	M70	M	Clydesdale Harriers	00:16:09	64.58%
97	Harry McDonald	M65	M		00:16:16	59.71%
98	Felicity Devanney	Senior	F		00:16:18	51.27%

99	Lynne Cotter	W50	F		00:16:46	58.45%
100	Jessica Hardy	W35	F	Newton Road Runners	00:17:25	48.90%
101	Paul Mannas	M65	M		00:17:37	54.12%
102	Robbie Wishart	M65	M	West End Road Runners	00:17:55	55.30%
103	John Softley	M75	M	Bellahouston Harriers	00:21:03	51.17%
104	William Mitchell	M75	M		00:25:15	43.43%